

Zhang Zhuang

Secret Yinian Activities

Yinian activities are “concentration or focus” exercises to be performed mentally as you practice Zhang Zhuang or Standing Meditation. Yinian activities have always been a well-kept secret in the past, only shared with a select group of highly trusted students through oral tradition and absolutely never written down. However in today’s modern world, some masters have recently begun to share this sacred knowledge openly for the betterment of all mankind. That said, what you are about to learn here is likely to be something you never would have come across in your entire lifetime, as it is still a very well protected secret. The most likely reason for this secrecy is that these Yinian activities or mental concentration exercises are used to develop supernatural or paranormal abilities as well as achieve spiritual enlightenment. The exercises fall into three general categories (1) No mind or intent also known as Chan or Zen meditation from the Mi Zhong Buddhist traditions. (2) Internal Yinian (seeking sensations from within) and (3) External Yinian (seeking from without) both from Shaolin traditions but more likely from the Taoist perspective. The primary difference between the

techniques utilized is the absence or presence of mind and intent known as Yi in Chinese.



Before moving onto the Yinian activities, it is important to understand how Zhang Zhuang or standing Qigong originated and what it was based upon. All of the postures assumed in the art of Zhang Zhuang are based on Arhats, which are perfect men of Hinayana, similar to Saints or Taoist immortals.

By maintaining a static or physically stationary posture, internal energy movement is greatly excited and stimulated. Doing nothing is the exercise. The less you do physically the greater the overall energetic effect known as the “movement within non-movement” will be. The objective is to be completely relaxed in the postures or Arhats, both physically and mentally. This is true while performing Yinian activities as well. The mind can and should still be calm and relaxed while focusing or concentrating on a specific task. Frustration, disappoint, or any other negative line of thought must be avoided or released at all cost. It is ok for them to appear in your mind, but do not hold on to them, just let them go and fade away into oblivion. Relaxation is without doubt the most vital element not only in the Zhang Zhuang and Yinian exercises, but also in any form of Qigong or

internal martial arts training if it is to be truly effective. Only when the body is relaxed will the internal organs settle, the blood and energy flow freely and genuine coordination of all the muscle ("the muscles as one") groups and control of integrated strength be possible. One must never exert brute force for this will create strain and tensions, obstructing the blood and energy flow, which will exhaust the body instead of energize it.



Grand Master Wang Xiangzhai wrote: The Standing Pole Exercises seek to develop strength from non-strength (non-exertion), movement from non-movement, and rapid movement from only the slightest movement. The more relaxed the body, the faster the circulation of blood, and the faster internal strength will develop. In the early stages of Zhang Zhuang training, you will find the postures physically difficult, but you should control the level of difficulty (via the depth of your stance) so as to be as comfortable as possible. In other words, develop at one's own pace. Don't try to do too much too soon, or over-stretch one's physical capabilities. Exhaustion or fatigue is to be strictly avoided. On the other hand, one must persevere, not just giving up because of some physical discomfort, boredom or one just cannot be bothered. Concentrate during your practice. Avoid any unnatural postures and remember that this is holistic exercise of the entire body. It is a very common fallacy that such standing exercises are to develop muscular strength and stamina and that the lower the posture one stands in the better

the result. This is completely contrary to the whole essence of the theory of the Zhang Zhuang Exercises. To quote Grand Master Wang Xiangzhai again: "If the muscles are overly tense then strength is exhausted". Relaxation is the basis for promoting energy through blood circulation and strengthening the entire body as an integrated whole. Thus bend the knees only as much as is comfortable: the more relaxed they are, the longer one can stand and the longer one can stand, the more benefits one will receive. There is no need to concern oneself with gradually sinking lower to increase the degree of exercise. Of course, one may well find that after long practice one automatically drops lower and lower without even noticing; this is perfectly natural and is to be expected as one's legs strengthen as a result of Zhang Zhuang.

Passive Yinian Activities



**Qi Gong
Horse Stance**

As discussed earlier, one of the oldest known styles of Zhang Zhuang is Shaolin Nei Jing Yi Zhi Chan Qigong, which translates as Internal Essence

Mind Zen also known as One Finger Zen. Its origination was likely the natural result of combining Shaolin martial and health-training stances with meditating in a relaxed static posture as influenced by the Mi Zong branch of Buddhism. “Our main Qi Gong training is based on Arhats ‘postures’ or ‘stands’. There are a total of 500 famous Arhats, and our ‘postures’ or ‘stands’ are named after them. Arhats are saint or perfect men of Hinayana”-Grand Master Zhang Jing Fa.

Shaolin One Finger Qigong's intention is to build your body's Qi on 10-levels. Unlike most styles of Qigong, this particular style requires the student to NOT think about or guide qi but rather to simply generate qi and allow it to flow naturally on it's own accord. The supernatural or paranormal abilities associated with this top notch Qigong and achieving “no mind” are:

(1) Deva-Vision: Instantaneous view of anything, anywhere in the form-realm.

(2) Deva-Hearing: Ability to hear any sound anywhere.

(3) Other's-Heart: Ability to know the thoughts of all other minds.

(4) Tell-Life: Knowledge of all former existence of self and others.

(5) Travel-Beyond: Power to be anywhere or do anything at will. Similar to Astro-Travel

(6) Nothing-and-All: All of above and in the league of beings above and beyond common. At this level, all things are possible, yet nothing is desired.

Active Yinian Activities

On the opposite side of the Standing Chan or Zen approach are specific concentration or focus exercises first introduced by Grand Master Wang Xiangzhai in the early 1920's. Each specific Yinian activity or concentration exercise produces different abilities or effects. In addition to Master Wang's mental exercises, some other yinian activities from various yogic traditions are utilized to manifest various human potentialities and abilities.

- 1) **Deterrent Force** – Deterrent force is the ability to completely overwhelm any opponent who is either in physical contact with you or in fairly close proximity to your body via certain energetic information stored within every cell of your body. The development of such a force (as well as some others) is divided into two stages (a) seeking within and (b) seeking without. As Master Wang Xiangzhai said: "There is nothing that can be used except oneself, but if one is confined by oneself, one will achieve nothing. Although one is qualified with everything, one has to seek more outside oneself." The first stage is always seeking from within.

Deterrent Force Stage 1 (seeking from within): In this stage, one is to imagine that their whole body is submerged in warm bath water. This image can greatly improve a person's vitality. It is only when a person is full of vitality that they are capable of responding to the universe. This activity can enhance blood cell reproduction, circulation and energize the entire endocrine system and the body's immune function.

Deterrent Force Stage 2 (Seeking without): In this stage, one is to visualize beautiful natural scenery, such as a nice park setting, lush green fields with trees, flowers, blue sky, etc. or any other beautiful scene from nature. By means of this concentration exercise, you may reach a conscious level of becoming one with nature. If at all possible, this exercise should be performed outdoors in a visually pleasant natural setting. In this way, you can merge with nature much more directly by observing the air and blood flow within your body as well as feeling the magnetic repelling pressure or struggling force amongst all things around you. By doing so, your deterrent force potentials will be developed, laying a solid foundation for combat even though you are completely unaware of this fact. In other words, you are developing this ability even though you will not notice it until you are threatened by violence or potentially dangerous situations.

(2) Intuitive Sense- This is the ability to know your opponents intent prior to his actions allowing you to attack, defend or counter attack by “starting later, but arriving sooner”. This ability is also developed in two stages. This ability can also be used for detecting illness or weakness in others for a type of medical diagnosis as well as other purposes.

Intuitive Sense Stage 1 (Seeking within). This yinian activity is focused on watching, listening and exercising the body's nerves, which can produce a unique effect in developing remote or intuitive sense. It starts with comfortable relaxed breathing with your eyes closed. Simply relax and listen to the inside of your body. Mentally inspect each of your internal organs, breathing life force energy in and out the organ. Inspect all your muscles and limbs the same way, relaxing them one by one keeping track of their state of

looseness and level of relaxation. Your concentration must be kept from becoming stagnant so that any stale air can be expelled from the organs. Keep yourself comfortable but also alert.



Intuitive Sense Stage 2 (seeking from without). In this stage, your yinian activity is to concentrate on the sound and physical sensation of drizzling rain. Imagine the sound of drizzling rain from both near and far. Have it approach you and have it drift away. There are many “sounds of nature” CD’s or tapes that have rain effects on them that you can use as a point of reference in the early stages of this training. Once you have developed the sense of the rain sound, you can add the physical sensation of rain drizzling

on your body. This yinian activity develops the nerves to a very high level, which results in the Intuitive Sense ability. Some masters have such an acute intuitive sense that they can accurately respond to an opponents intent even when the opponent is in a completely different room on the other side of a wall. As master Wang Xiangzhai said in one of his poems "Not one feather can be added to my body. Nor can a fly land on it. My opponent does not understand me, but I can understand him completely. A real hero has no rivals."

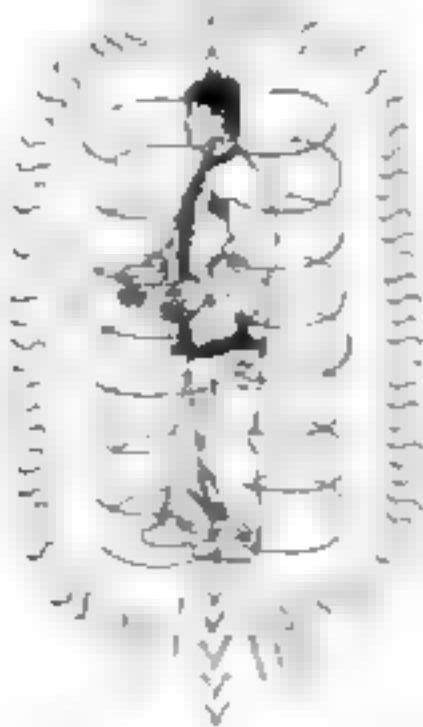
Integrative Force- This is the ability to move all muscle groups simultaneously as one integrated whole and results in phenomenal physical strength in all your movements. Relaxation is once again the central issue. Wang Xiangzhai wrote: If one does not use the mind to relax and harmonize all the muscles of the body, they will never be free to expand and contract smoothly, and one will never be able to harness the use of lively strength" "Lively strength" follows the movement of Will (yi), Will is the commander of strength, and strength is the army of will. This is the aim of the moving exercises, rather than to just exercise the muscles and joints." The movements should always be slow and even; slow, so that concentration and relaxation can be maintained, mind leading movement, feeling every change of body and strength; even, so that the flow of strength remains unbroken. This will lead to the development of stamina and control without tiring the body, restricting respiration or blood circulation. When moving it should feel as if friction (or repelling magnetic force) is created between one's body and the atmosphere around, as if you are "swimming in the air." The movement should also be as if about to stop but not quite doing so, flowing on at the same unbroken pace. At first, movements will tend to be large and

spacious, gradually becoming more and more compact as concentration develops and internal movement increases, until almost no physical movement is apparent at all. To begin with, just the hands and arms move, then the whole body is gradually led into the movement, until one moves in complete coordination, reaching the criterion of "**if one part moves, all parts move.**"

Integrative Force Stage 1- The following exercise was developed by Master Yao Zangxun for learning integrative force from the simple stage to the more complex. Yinian activity: Imagine that you are holding onto a large tree and your body is attached to the tree trunk very closely. Now, continue to imagine that you are swaying the tree back and forth (left, right, forward and back). Next, imagine that you are tearing or splitting the tree into two halves and then putting the halves back together again. During this yinian activity or concentration exercise, your body can only be allowed to move slightly within the chosen posture (typically Combat, On Guard or Dragon Mouth stance), but your limbs, waist, back and abdomen must be in complete cooperation to create a struggling force between the upper and lower, the left and right, and the front and back. Imagine that you are pulling, pushing, lifting, pressing, splitting and reuniting in various sequences. You are eager to do everything, but actually you appear to be doing nothing as the physical sensations are all internal. If you do not touch anything, nothing exists; but if you touch something, everything suddenly appears. This is exactly as Grand Master Wang Xiangzhai has stated: "Once it is touched off, it would explode successively." This exercise teaches one to feel and develop integrated force in finite space.

Integrative Force Stage 2- In this stage, the body is allowed to slowly move for the purpose of changing to another static posture or to maintain a chosen posture while stepping forward, backward or any diagonal direction. Actual movement should not be attempted until you feel the “struggling force” from all directions as was described in stage 1. This struggling force sensation must be maintained as you physically move to keep your integrative force intact. Without this sensation, your form will be empty.

Yinian activity for infinite space: Imagine that you are surrounded by tornado like vortexes. Two vortexes spiral up each leg, pulling you down to the earth and meet at your waist, creating another struggling force at your midsection through their interaction. Another tornado like vortex is above you, trying to lift and uproot you as if you were a tree being removed from the earth. The struggling force of these two vortexes creates a type of magnetic repelling action as you try to move in any direction. It is as if something is constantly repelling and resisting all your motions. No matter which direction you move, it always feels like you are going against the flow of a powerfully repelling magnetic force.



Continue to mentally expand the size of the vortexes into infinite space. At first as the vortexes begin, they are tightly wrapped around your body, but then they continue to grow and expand in both size and strength, reaching hurricane proportions. Through this type of practice and yinian activity, Master Wang Xiangzhai achieved his superb and masterful art, with which he could strike even the largest opponent and literally send him sailing as easily if he were just patting a ball or hanging up a picture. "If you do not touch anything, nothing exists; but if you touch something, everything suddenly appears.", "Once it is touched off, it would explode successively." It is important to note that the body inherently "knows" how to perform integrative force. For example, if you were asked to carry a heavy awkward object such as a large television, your body would automatically recruit the proper large muscle groups and stabilizer muscles to accomplish this task. It is through proper training and yinian activities, that this unconscious skill becomes a conscious and consistent everyday way of moving thus adding tremendous power to all your physical movements.

Ling Kong Jin (Empty or Distant Force)- This is the ability to physically move another person via energy projection from a distance, which can be several meters away. The force develops automatically as a result of any long-term standing practice (typically manifests after 3-years of training) from universal and earth energy activating and building the chi inside the dantien (the body's main energy storage center). This skill can be used martially or medically as it is a projection skill. To do this effectively, one has to totally organize the mind and body. First of all, the mind needs to concentrate or focus strongly. For instance, if you want to push 1kg for 1m, you must concentrate your mind as if you wanted to push 100kg for 100m.

In other words, the yinian activity is to over exaggerate the size and distance of the person you want to move. This force can be used to push, pull, lift or drop a person martially (or as a fun game) or it can be used to send healing Chi from a distance. If you mentally just try to move the person, they may simply sway back and forth, but if you imagine that you are moving a semi-truck the effect will be much different. It is important to note that if we want to send out a strong empty force, we must also be strongly rooted because then we can also use the earth's force or energy. Its vibration force can rise up in the body, meeting the energy force in the dantien and together rise further, through the spine, and, at the height of the shoulder blades, divide and move via the arms to the hands and be sent out to the patient's or opponents body. Ling Kong Jin is a very powerful skill that can be used to heal or adversely affect a person's internal organs or manipulate their chi flow. We strongly advise against using this skill martially on someone's internal organs unless you have been properly trained under a master who regularly uses this skill to heal others. If you can't fix it, don't break it.

Ling Kong Jin (How to practice)- As discussed earlier, this ability develops naturally as a result of long-term Zhang Zhuang practice. This is an ability that everyone has it is just not developed to a high level. To practice Ling Kong Jin, you will need a partner, or several partners. One method is to perform circle walking around an imaginary center such is done in Baguazhang, and try to project energy to influence the movement of your partner/opponent on the other side.

Another technique is to have your partner stand in front of you completely relaxed with his eyes closed so he doesn't try to resist your efforts. Then,

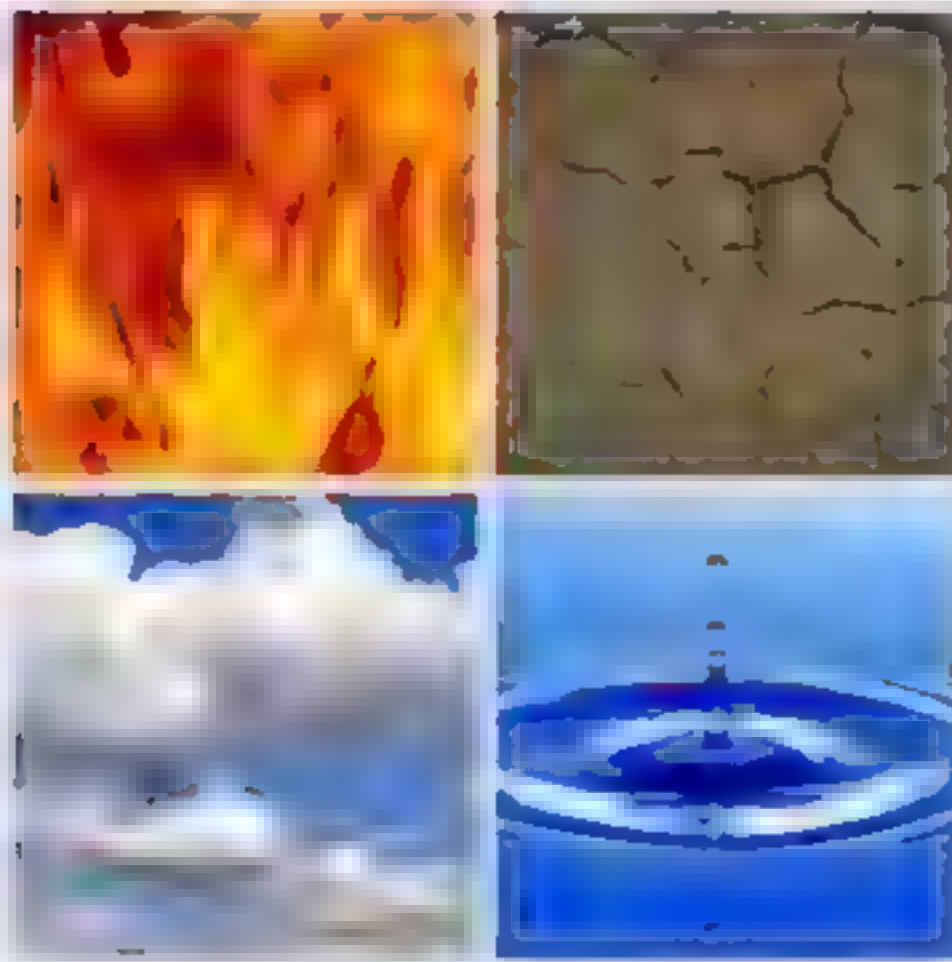
you simply try to push and pull him with your exhale and inhaling breath respectively. You can also use relaxed pushing and pulling hand and arm motions to help coordinate your mind with the activity. Below is a picture of master Dr. Shen Hongxun using empty force to move a student through the air (www.buqi.net). The Buqi Qigong system has some similarities to the Shaolin Nei Jing Yi Zhi Chan method.



For solo practice, you can face a wall and project your chi into it with the intent that it will bounce back and push upon your body. Stand relaxed about 3 feet from the wall. Point your palms at the wall and try to feel the space between your hands and the wall. Push on this space and feel it bouncing back causing your body to be pushed backward as you push your chi into the wall. As you bring your hands back towards the chest, you should feel pulled towards the wall.

Before moving on, it should be stated that the Yinian activities should not cause any mental frustration or stress. If you are having trouble, with the concentration exercises, simply accept this fact, relax and continue on with your Zhang Zhuang practice. Relaxation both mentally and physically are the most important elements in your standing meditation practice.

Elemental Yinian Activities



The purpose and objective of this next series of yinian exercises is to call fourth from the universe the individual elements into your soul and physical body at your will or discretion. In the beginning, keep these exercises very short to allow your body time to get accustomed to these routines. For the first several times, you should not accumulate more than 7 to 10 inhalations of any element. Overtime with regular training, you may gradually raise this to 20 or 30 inhalations as you become more used to this type of practice. At no point, should your elemental accumulation exercises ever exceed 20-minutes in length. There is no need or benefit to practicing longer than this amount of time. This applies to the accumulation of Fire, Water, Air and Earth. You must take your time with these exercises and learn how to walk before you attempt to run. Otherwise, you may cause yourself harm and/or hinder your progress. Keep this in mind for each of the following yinian exercises! For starters, you will perform all of these exercises with your eyes closed, but overtime, you should work towards

performing them with your eyes open as this mental ability offers even further advantages. You must also succeed in accumulating the elements in the exact order given. Do not attempt to accumulate Air, until you have developed the ability to accumulate Fire. Similarly, do not try to accumulate Water, until you have successfully completed the accumulation of Air, etc. Furthermore, it is of great importance to invoke your “feeling concentration” abilities during the accumulation exercises. When you accumulate Fire, for instance, you must literally feel the sensation of heat and the expansive nature of its pressure and radiance. These must be real physical sensations that you experience throughout your entire body. When you exhale the element, it is recommended that the number of your exhalations is exactly the same as the number of inhalations you took when accumulating the element. For example, if you inhaled 10 breaths of the Fire element during accumulation, you should therefore exhale 10 breaths of the Fire element during the release.

Supreme Yang (The Accumulation of the Fire element)



The first step in this exercise is to assume the standing meditation posture. Feet are shoulder width apart (horse stance) and the hands are gently pressed together in “prayer hands” position at chest level. The breathing and breath retention method is the same as the Violet Breath technique you practiced in level 2. The visualization however is different. With your eyes closed, imagine that your body is empty and hollow and is inside the center of a great fiery sphere. Everything around you is red and hot with intense fire; it is radiating intense warmth and expanding in all directions. Now, as you inhale, you bring in through your nose and all the pores of your body the Fire element, which circulates throughout your entire being. Hold your breath as long as you can comfortably. When you exhale, make the “Haaahhh” sound in the back of your throat even if you exhale through the nose. The exhalation should be much longer or prolonged than the inhalation. As you breathe out, nothing but ordinary air is expelled, which only intensifies and increases the fire burning around you. With each inhalation, the heat of the fire is increased and pressed deeper into your body. The internal pressure is starting to build. As you inhale, not only does the heat increase, but the radiating expansive force and fiery pressure must also increase until you eventually feel like you are fiery hot! In the beginning, you will perceive the imaginary heat only in your soul. Over time, with each successive practice of this exercise, this heat will become physically perceptible as well, where you may elevate your body temperature to the level of intense perspiration or possibly even fever. It is also possible to raise the room temperature by several degrees through continued practice of this exercise. After you have accumulated the Fire element, circulate it around your entire body a few times. Now, we must begin to exhale the Fire element back into the universe.

Use normal even deep breathing for this phase of the exercise. The inhalation and exhalation should take about 5 to 7 seconds each with no retention of the breath in between. With each inhalation, you now take in ordinary air. When you exhale, imagine that the Fire element is expelled through both your lungs and entire body (pore breathing). With each exhalation, you feel the heat dissipate as well as the expansive fiery pressure. Continue to expel the Fire element from your body until you feel that you are back to normal and sense that the entire accumulated fire element has been completely removed from your system.

There are practitioners in the Orient who have the ability to accumulate and condense the Fire element to such a high degree that they can melt snow and ice, which is physically near them or in some cases even several miles away. There are even some specialized yoga masters that will actually sit on top of large blocks of ice and melt them through the accumulation of Fire or Supreme Yang exercise. They can walk about completely naked and barefoot in extremely cold weather without being affected at all. Even when they are wrapped with cold wet cloth, it dries in a very short time. Others may develop pyrokinesis abilities and can actually cause things such as paper or other items to burst into flames. In theory, this and similar abilities can be produced by you as well as anyone else that spends enough time on this Fire accumulation exercise. It can be used both martially and more importantly, medically as a healing technique.

<http://www.youtube.com/watch?v=RzXLk/F01w4>

http://www.youtube.com/watch?v=uKWpSF-tEI&feature=channel_page

Accumulation of the Air element



The first step of this exercise is to assume a seated or lying down meditation posture. Next, you will once again use your skills of visualization and feeling concentration. Because air is invisible, some prefer to imagine this element as a glowing bluish green gas or smoke. Now, imagine yourself as a hollow empty shell sitting in the center of a great air space, which fills the entire universe. You perceive nothing else, only air, and are completely unaware of your other surroundings. Now, begin to inhale the Air element in through the crown of your head and physical body through your lungs and skin pores. The breathing is steady and even, with the inhalation taking approximately the same amount of time as the exhalation. The breath is only held or retained for 3 to 5 seconds. With each inhalation of the Air element, you feel your body getting lighter and lighter as if it were becoming as light

as the air itself. Allow this lightness to first fill your chest and then work its way down to your stomach and legs. When you exhale, nothing is mentally expelled. With each inhalation the lightness intensifies until you can no longer perceive your physical body because of its weightlessness. You and the air element are one and the same and you feel like a weightless cloud of smoke just floating about, filling all space. Now, mentally circulate the lightness of the Air element throughout your weightless body before releasing it back into the universe. Feel it circulating throughout your body as if you were a tornado or windstorm. Now, we must begin to expel this element back into the universe. Nothing is mentally inhaled and only the Air element is expelled during exhalation. As you exhale the Air element out your lungs and pores, you begin to perceive weight return to your body. With each exhalation, you feel heavier and heavier until your full body weight returns to normal. In the end, you must feel that the Air element has been completely expelled from your body and that nothing of it remains in your system.

Through continuous practice of this exercise, the practitioner may achieve great physical speed and the ability to jump extremely high as well as potentially developing mystical phenomena associated with advanced spiritual development such as levitation or the ability to walk on water. It is also possible to make other objects lighter, or even levitate them by mentally accumulating the air element directly into the target source.

Supreme Yin (The Accumulation of the Water element)



The first step of this exercise is to assume the water meditation posture, which is corpse pose or lying down meditation. First, lay down on your back with your palms face down on the ground. Relax your entire body from head to toe and make yourself as comfortable as possible, but don't fall asleep. Now, imagine that you are floating on a giant ocean of cool water. There is nothing else in the universe except an infinite ocean of water and you are directly in the center of it all. Now slowly let your body be completely submerged in the water element. As you inhale slowly through your entire body (lungs & pores), you experience the coldness and contracting power of this element. Whereas the fire element was hot, expansive and exploding,

the water element is cool, contracting and imploding. You begin to feel the coldness of the water sensation throughout your entire body. With each inhalation, you get colder and colder as you become more magnetically attractive. The inhalation should be very slow, taking much longer than the exhale breath. Don't retain the breath for this exercise other than a brief 1-second pause. Through progressive inhalations, you feel cooler and cooler until you are icy cold and your body seems to have its own attracting force or gravitational pull as a result of this condensing water element. The pressure builds from the outside and pushes inward on your body as if you were being squeezed from all sides by strong magnetic force. Whereas the fire element was hot and exploding, the water element is cold and imploding. Begin to circulate this feeling around your body like a whirlpool vortex.

Now, begin to expel this element through your entire body as you exhale. With each breathe out, your body temperature slowly warms toward normal levels and the attractive power and pressure fades away. Continue to exhale the element until you feel that it has been completely expelled from your entire body. Practitioners of this exercise in the Orient have achieved many great phenomena through their control of the Water element. One of the simplest applications is to keep yourself cool on a hot day but there are many other benefits for you to discover. Some of the paranormal effects of this exercise are: out of body experience, distant viewing, lucid dreaming, spiritual visions or premonitions, greater intuition or ESP, connection with other dimensional beings, astral travel and telepathy.

The Accumulation of the Earth element



The first step is to assume the “holding the ball at the belly” or “Earth Palm Stance”, (shown later in the course) standing meditation posture. This method uses the same breathing technique as the water element, i.e. long inhale, short exhale. Next, imagine that the entire universe is all earth element. This element is a dense very heavy reddish-brown clay like substance and is thick like mud. Your body is a hollow shell, which you are going to completely fill with this thick heavy substance. Begin to inhale the earth up through your feet like a tree absorbing water from the ground filling your whole body starting with the legs. Your feet are like tree roots that have

burrowed deep into the earth. As you inhale the earth element through your feet and through the pores of your body you begin to feel your body weight increase significantly. With each successive inhalation, you feel heavier and heavier. Your physical body is also becoming extremely dense and quite hard. Through your imagination and concentration of feeling, you feel as if you are so heavy that you are almost paralyzed by the extreme weight of it all and become totally immovable to outside influence. You become heavier and heavier with each and every breath cycle. Circulate this dense heavy feeling throughout your entire body.

Now, begin to exhale the Earth element back into the universe. When you inhale, you simply take in normal air. As you exhale, you gradually become less dense and your weight decreases successively. Continue to exhale through your feet and whole body until your weight returns back to normal. You must feel as if no trace of the Earth element is left in you to be expelled. Through the practice of this exercise, you can make your body immovable and extremely dense and hard (see Iron Chi Gung). You may also develop the ability to make other people or objects feel or seem heavier by mentally filling them up with the earth element. There are also other abilities that you will discover in time, through continued practice of this particular meditation.

Accumulating Universal Light



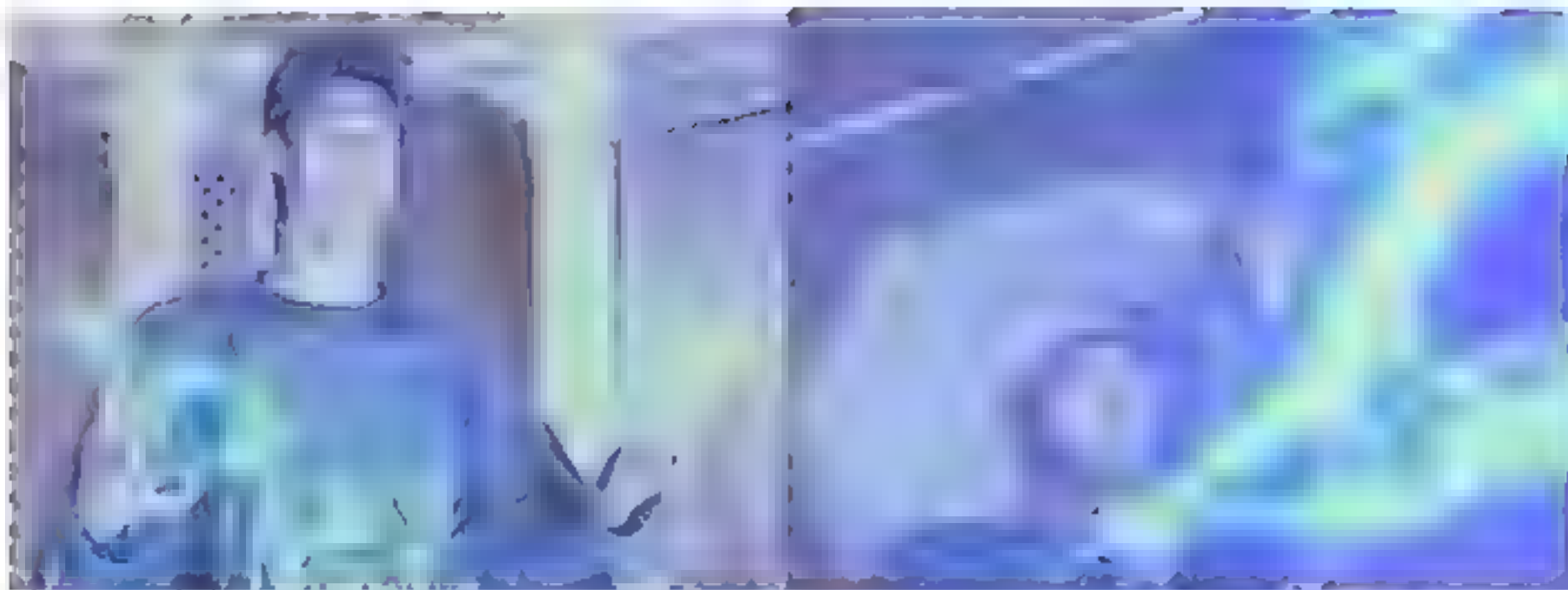
For this exercise, you will start in the standing meditative posture shown above with arms raised and palms facing up. The breathing is even similar to the air element meditation, but as you expand your aura, you can use the breath retention technique. To begin, imagine yourself as an empty container ready to be filled entirely with vitalized life giving universal energy. You are completely surrounded by this vital energy. It is everywhere and it is everything. Imagine it as golden light similar to the color of the sun on a clear bright day. As you breathe in this energy through your entire body, you feel tingly, rejuvenated and electrically charged. With each inhalation, you feel the enormous pressure of this vital energy building up in your body. The pressure feels as if it is squeezing in on you externally, but expanding outwards internally as a type of struggling force.

Now, visualize your aura growing brighter and brighter with each inhalation as the internal pressure builds up from the core of your bones like

compressed steam. Imagine your aura brilliantly radiating farther and farther (inch by inch, foot by foot) with each new breath, becoming stronger and stronger, glowing brighter and more penetrating. Now, at this point, your body is glowing brilliantly with pure penetrating white light glowing like the brightest star in the heavens and engulfing everything with its luminescence. Your radiating aura extends for several miles and is almost blinding in its illuminating force. Circulate this feeling throughout your entire body. Visualize your aura as a giant spinning hurricane of pure white light.

Now, mentally direct this energy into your dan tien (2-inches below your navel) until it is completely full. Hold your breath and mentally compress and squeeze in as much vital universal energy that your dan tien will physically hold. Now begin to exhale the remaining surplus energy back into the universe or send it to those who need healing energy. With each inhalation, you simply take in ordinary air. As you exhale this universal light energy, your aura begins to slowly dim from bright white to a golden yellow and becomes less and less radiant. Your energy level begins to return back to a more normal feel and the internal pressure subsides with the exception of your dan tien, which remains full of the highly condensed accumulated energy. Continue exhaling until you have expelled all traces of the remaining accumulated energy and you have returned to your normal state. As with all of the other accumulation exercise, start this one with only 7 to 10 inhalations and gradually work up to 20 or 30. At no point, should any accumulation exercise exceed 20 minutes in length. The student who has meditated and practiced diligently will find this element extremely versatile as its use is only limited by the practitioner's imagination.

Harness the Lightning



Begin this exercise by standing in Wu Ji for 5 minutes and then move to holding the ball at the chest for 5 minutes. Then rotate your wrists to angle your palms slightly upwards (see top left photo) and feel electric chi building in your palms. Next, begin to pulse and repel your hands at one another as if building a large ball of electromagnetic energy between your palms. Squeeze the energy on the exhale and expand it on the inhale. Continue this for a full minute.

http://www.youtube.com/watch?v=_78XUrIb8g8&feature=related



Now, shift your weight into your right leg and slide your left leg into combat stance (see below). Left arm outstretched, right hand supported by earth chi, fingers forward. Rotate waist to face target.



Now from this posture, project your chi forward out into the distance. Visualize it as bolts of lightning shooting out from your fingers.



Another variation of this yinian activity is to visualize bullets coming out like a machine gun, destroying the target.

Cosmos Palm

This exercise starts identically to the prior lightning bolt exercise. Begin this by standing in Wu Ji for 5 minutes and then move to holding the ball at the chest for 5 minutes. Then rotate your wrists to angle your palms slightly upwards and feel electric chi building in your palms. Next, begin to pulse and repel your hands at one another as if building a large ball of electromagnetic energy between your palms. Squeeze the energy on the exhale and expand it on the inhale. Continue this for a full minute. Once you have a strong sensation of magnetic repelling like energy between your hands. Slowly turn your palms facing forward and try to feel the space in front of you pressing back towards you. In other words, you should still be able to feel the magnetic pressure upon your palms only this time its coming from the space in front of you instead of your opposing hand. Once you have tactile awareness of this energy, begin the Qigong exercise “Pushing Mountains”.



As you inhale, draw your palms inward towards your chest. Feel the magnetic like energy filling your entire body (Face, Torso, Legs & Shins). Hold and retain the breath for 1 full second and then exhale with the “Haaaah” sound (like fogging a mirror) as you press the palms forward.

Imagine that you are pushing something large and heavy. Continue this in and out motion for 10 or more repetitions. Each time feel and mentally intent that the energy becomes “Bigger, Thicker, Stronger, Heavier” making it more and more difficult for you to press forward with each successive repetition of the movement. On the last repetition, leave your palms pressed out in front of you and begin this meditation and visualization exercises.

Close your eyes and picture that each hand is inside of a clear glass sphere or bubble. Inside the spheres, your hands are radiating electricity, like a lightning storm, filling the spheres with flashing electrical bolts that are trapped inside the spheres. Visualize this energy as growing more and more intense, causing the spheres to glow brighter and brighter, like a light bulb on a dimmer switch being gradually dialed up to full brightness. As you do this, your hands will begin to tingle with energy (similar to the feeling when your foot is about to fall asleep, but pleasant). Continue the visualization and try to spread this tingling sensation throughout the entire hand, filling all of the fingers. Next, allow the energy to move down the backside of the hand into the wrists, traveling up your forearms to your elbows. At this point, your entire hands and forearms should be tingling with electrical like sensations. Continue to allow the energy to move up the arms to the shoulders so that both arms are completely filled with this vibrating energy. Next allow it to move down your spine and chest, filling the lungs, heart and rib cage. Then further down your body into the midsection so that your entire torso and arms are tingling with intense pleasurable energy. Guide the energy into your thighs and completely fill the upper legs. Then guide it down through the knees into the calves and shins. Now move the energy through the ankles and into the feet so that your entire body is buzzing with

energy. Now, connect with the earth's magnetic energy and feel additional energy rising up in your body from the earth. At this stage of the exercise, inhale through your nose as slow as you can like smelling a flower with a light smile on your face. Picture people smiling back at you as you try to increase and amplify the energy sensations within your body. Mentally make the "Mmmmmm" sound as if you were savoring something delicious as you inhale through the nose. To close the exercise, open your eyes, relax your posture back to "Wu Ji" and return to normal breathing.

This concludes the material on Yinian activities during Zhang Zhuang practice. It should be noted that each yinian activity produces different effects and potentials. Although there are many other visualizations one can use, such as picturing yourself outside with abundant stars in the heavens on a clear dark night during the full moon, there are no clear documentations as to their purpose or effects. Once the underlying concepts and principals are understood, it is possible to create a wide variety of yinian activities that may produce an equally wide variety of human potentials. Only time and practice will verify if this type of exploration is worthy of further work. In any event, it makes for a very pleasant meditation practice and most certainly builds strong healing chi and tremendous inner power, which are the main topics of this material.